Measuring Blood Pressure ... the right way

Patients



Before your appointment:

- Empty bladder and bowel
- Sit calmly for 5 minutes

Avoid 30 minutes before:



- Vigorous physical activity
- Coffee, caffeinated soda (regular or diet), alcohol or smoking



Body Position:

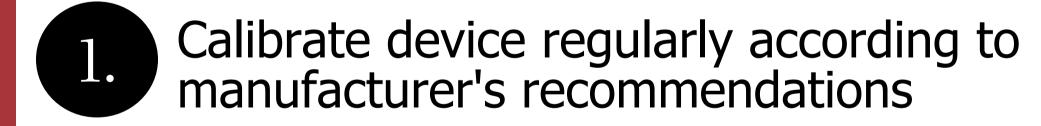
- 1. Bare upper arm supported at heart level (resting on a desk or table)
 - 2. Uncrossed legs
 - 3. Both feet flat on the floor
 - 4. Seated in a chair with back support



Do not talk!

Providers

Remember to:





Wash your hands



3.

Choose the Proper Cuff Size



Cuff Sizes Indication Arm Circumference (in.) Arm Circumference (cm)

Small Adult Standard Adult Large Adult Adult Thigh

9-10 in. 11-13 in.

14-17 in. 14-17 in. 18-21 in. 22-26 cm 27-34 cm

35-44 cm

45-52 cm



Heart Disease & Stroke prevention program